

Health of Home and School.

LEAFLET NO. 10.

ISSUED BY THE STATE BOARD OF HEALTH OF MAINE.

Simple Bandaging.

This leaflet will speak of only two forms of bandage, the roller bandage and the triangular bandage. The roller bandage in skilled hands, may smoothly be applied to almost any part of the body. Leaflet No. 9 has advised that a collection of bandages from one to two inches in width be kept prepared in every home.

To apply a roller bandage as is shown in Fig. 1, take a turn or two around the wrist, then over the back of the hand, then around the palm, then the back of the hand, the wrist again, thus proceeding in carrying the folds around in a figure of 8 style until the hand and fingers are sufficiently and smoothly covered. When that is done, carry the folds from the wrist upward over the arm. On account of the increasing size of the arm it will be necessary to make reverses as is shown in the cut, thus making it possible to apply the bandage everywhere with smooth and even pressure.



FIG. 1.

In applying the roller bandage to many parts of the body, as the wrist and hand, the ankle and foot, the elbow, and the knee, it can be put on smoothly by carrying the turns around in the form of a figure of 8

The Triangular Bandage.

For many uses the triangular bandage is simpler and is often to be preferred for domestic use. To make it, take a square piece of cloth of sufficient size. Cut it in two from one corner to the opposite corner as is shown in Fig. 2. This makes two triangular bandages. The right angle of the triangle we will call the point and the two acute angles the ends of the bandage.

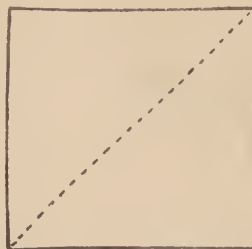


FIG. 2.

A Sling.

The triangular bandage can be used as a sling for an injured arm, the knot being tied back of the neck, and the broader part of the bandage supporting the arm.

The Scalp Bandage.

Place the base of the triangle across the forehead and bring the "point" over the head to the back of the neck. Cross the bandage at the back of the head and then bring the two ends around and tie in front. The point is then drawn up so as to fit the scalp closely and is then pinned with a safety pin.

The Hand Bandage.

In case of a cut or other injury to the hand the triangular bandage is to be folded to the required width. Bring the middle of the bandage across the palm of the hand and carry the ends around across the back of the hand and then around across the front of the wrist to be tied at the back of the wrist as is shown in Fig. 3.



FIG. 3.

The Foot Bandage.

Place the base of the triangle around the back of the heel. Pull the point of the bandage out in front of the toes, thence over the top of the foot. The ends are crossed in front of the ankle, then under the arch of the foot, and finally brought up and tied over the instep. See Fig. 4. But a well-applied roller bandage is better.



FIG. 4.

The Ear Bandage.

To apply a triangular bandage to the ear fold it so that it will be of sufficient width. Bringing the center of the bandage around the side of the head to which the dressing is not to be applied, cross it at the ear over which it is wished to apply the compress then bring one end over the top of the head, the other beneath the chin and tie at that point where the center of the bandage was applied. See Figures 5 and 6.



FIG. 5.



FIG. 6.



FIG. 7.

The Bandage for the Eye.

Place nearly the middle of the bandage over the injured eye; then carry the ends around the head, cross them at the opposite side and bring them forward again so as to tie the two ends a little to one side of the injured eye. See Fig. 7.

The illustrations in this leaflet, all but Fig. 1, are from that excellent little book, *Emergencies*; Gulick Hygiene Series, Ginn and Company, Publishers. Through the courtesy of the author and the publishers we are permitted to use the cuts.